

# PRO-FORM

## R&R 100

### USER'S MANUAL

Model No. PFICVRW39408.0.

Serial No. \_\_\_\_\_

Serial Number decal behind the product

#### QUESTIONS ?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing or damaged parts, please call: :

**08457 089 009**

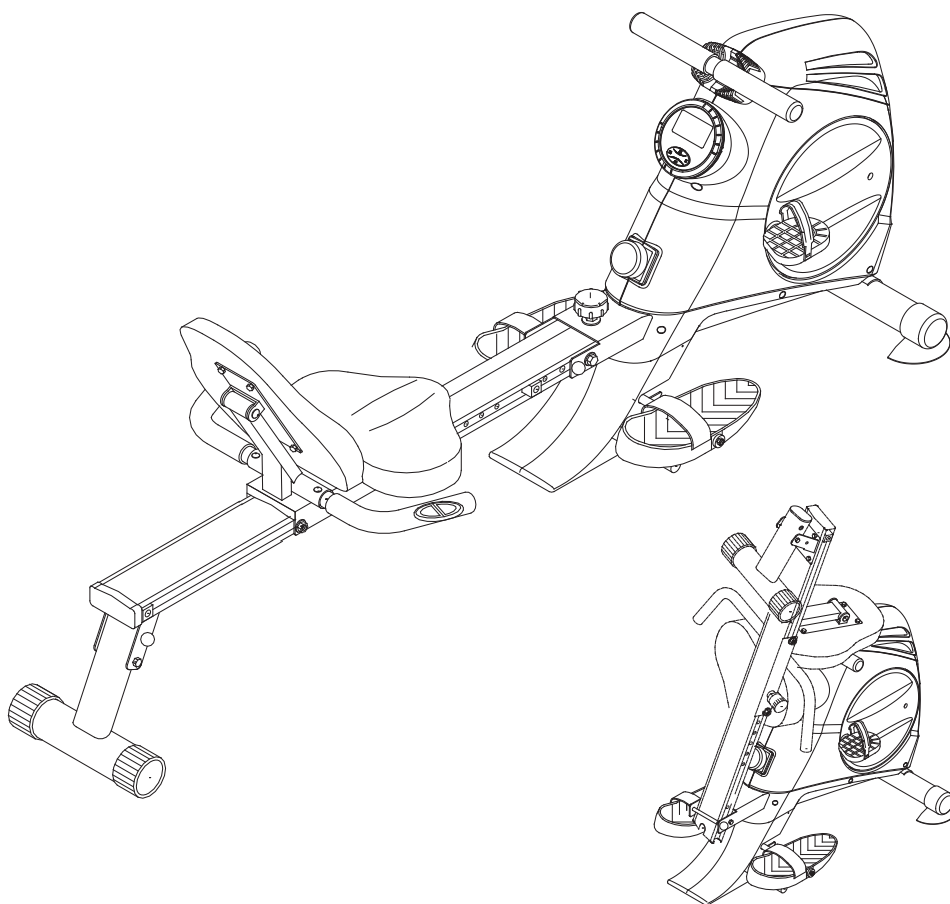
or write to :

ICON Health & Fitness, Ltd.  
Customer Service Department  
Unit 4  
Revie Road Industrial Estate  
Revie Road  
Beeston  
Leeds, LS118JG  
UK  
or  
email: [csuk@iconeurope.com](mailto:csuk@iconeurope.com)



#### WARNING

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.



Please visit our website for more information on the products

**[www.iconsupport.eu](http://www.iconsupport.eu)**

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## IMPORTANT PRECAUTIONS



**WARNING:** To reduce the risk of serious injury, read the following important precautions before using the rowing machine.

1. Read all instructions in this manual before using the rowing machine. Use the rowing machine only as described.
2. It is the responsibility of the owner to ensure that all users of the rowing machine are adequately informed of all warnings.
3. Place the rowing machine on a level surface, with a mat beneath it to protect the floor or carpet. Keep the rowing machine indoors, away from moisture and dust.
4. Inspect and properly tighten all parts of the rowing machine regularly. Replace worn parts immediately.
5. The rowing machine should not be used by persons weighing more than 115 kg (250 lbs.).
6. Keep children under 12 and pets away from the rowing machine at all times.
7. Wear appropriate clothes and athletic shoes when using the rowing machine.
8. Keep your hands away from moving parts.
9. If you experience dizziness or pain whilst exercising, stop immediately and cool down.
10. The rowing machine is intended for in-home use only. Do not use the rowing machine in a commercial, rental, or institutional setting.
11. A warning decal is found on the rowing machine in the location shown on page 3. If the decal is missing or illegible, call 08457 089 009 and order a free replacement decal. Apply the decal in the location shown.

**! WARNING:** Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

**SAVE THESE INSTRUCTIONS**

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## BEFORE YOU BEGIN

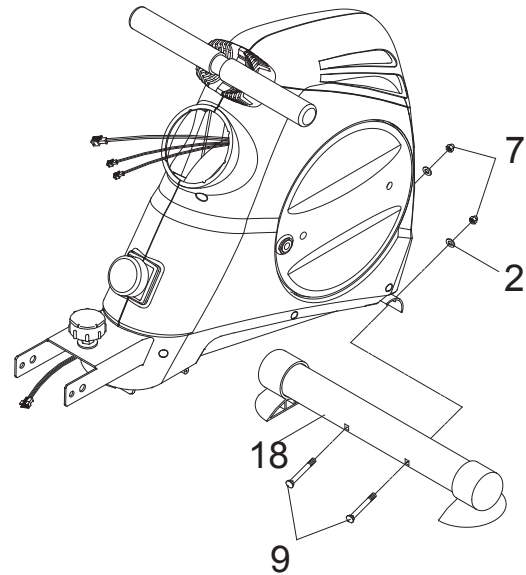
Thank you for purchasing the new PROFORM® R&R100 rowing and recumbent machine. Rowing is one of the most effective exercises known for toning the body, strengthening the muscles, and building the cardiovascular system. The R&R100 rowing and recumbent machine is designed to let you enjoy this effective exercise in the convenience of your home.

For your safety and benefit, read this manual carefully before using the rowing machine. If you have questions after reading this manual, please call our Customer Service Department at 08457 089 009. To help us assist you, note the product model number before calling. The model number is PFICVRW39408.0.

# ASSEMBLY

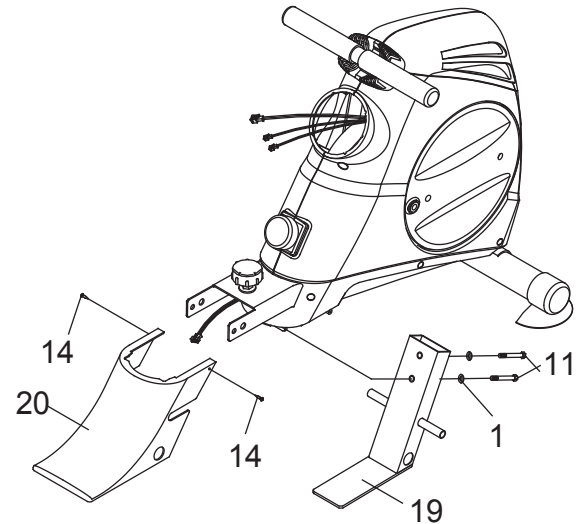
1. Attach the front stabilizer onto the main housing bracket using the two carriage bolts (#9), 2 arc washers (#2) and the nylock nuts (#7).

FIG 1



2. Attach the bracket (#19) to the Main frame using two washers (#1) and two bolts (#11). Ensuring to attach the bracket cover (#20) when you tightened the screws (#14).

FIG 2



3. Connect the Aluminum Rail (#24) to the rear Stabilizer (#25) using the bracket provided. Lock the bracket in place using screw (#12) and washer (#1).

Attach Back Rest (#21) and Side Handle Bar (#23) and Seat Bracket to the underside of the seat (#22) by using Carriage Bolts (#10), Hex Head Bolts (#12), washers (#1) and M8 Nuts (#6).

Referring to FIG 3a, plug the Pulse sensor wire into the socket located on the seat carriage.

FIG 3

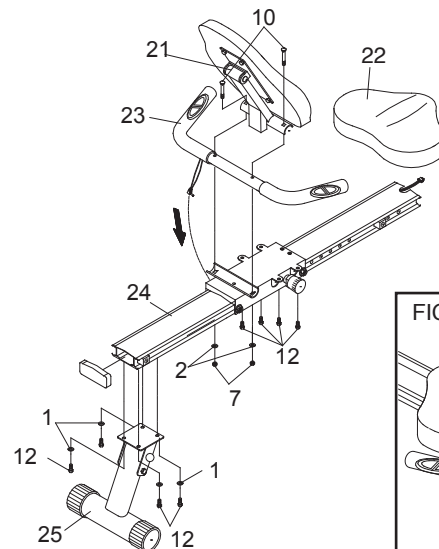
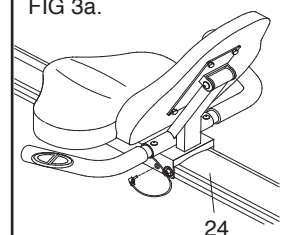


FIG 3a.



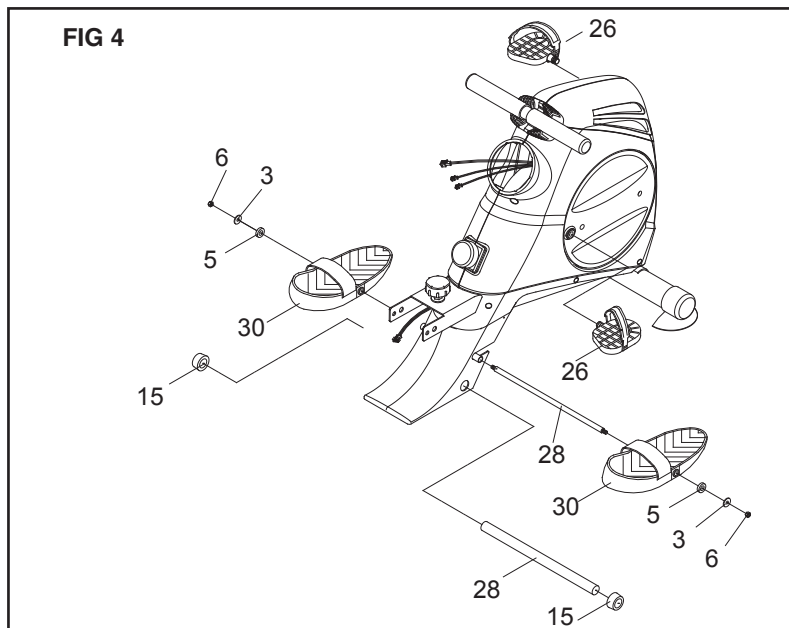
# ASSEMBLY

4. Attach the Nylon Nut (#6) to the end of the left hand side of the spindle bar (#28), and then slide onto the bar from the right the washer (#3), followed by the plastic bushing (#5) then the footrest (#30). Then slot the part assembled spindle bar through the hole in the main housing (per FIG 4.).

Now start to assemble the right hand pedal onto the spindle bar (#28). Slide the pedal (#30) onto the right hand side of the pedal spindle bar followed by the plastic bushing (#5), the washer (#3) and finally the M8 Nylon nut (# 6).

Attached the Foams (#15) to left side of the footrest shaft (#28), then slot the footrest shaft (#28) through the hole in the holder bracket cover and attached another Foams (#15) to the other side of the bar.

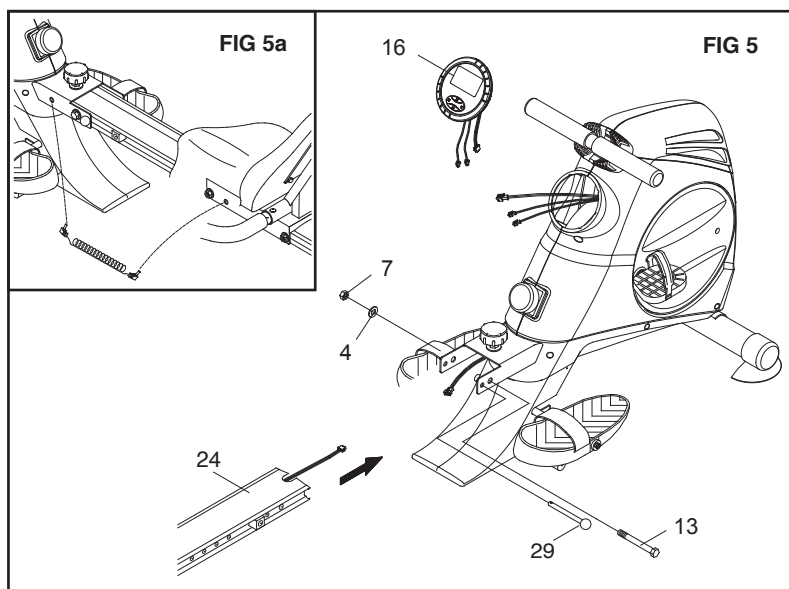
Lock the pedals (#26) to the crank cover on main housing (per FIG 4.)



5. Connecting the sensor wires which are on the Rail and Main housing together, then slide the Aluminum Rail (#24) into the main housing (per FIG 5) and bolt into place using the fixing bolt (#13), once the bolt is slotted through the nearest pre-drilled hole to the main housing attach the washer (#4) and the thin Nylon nut (#7).

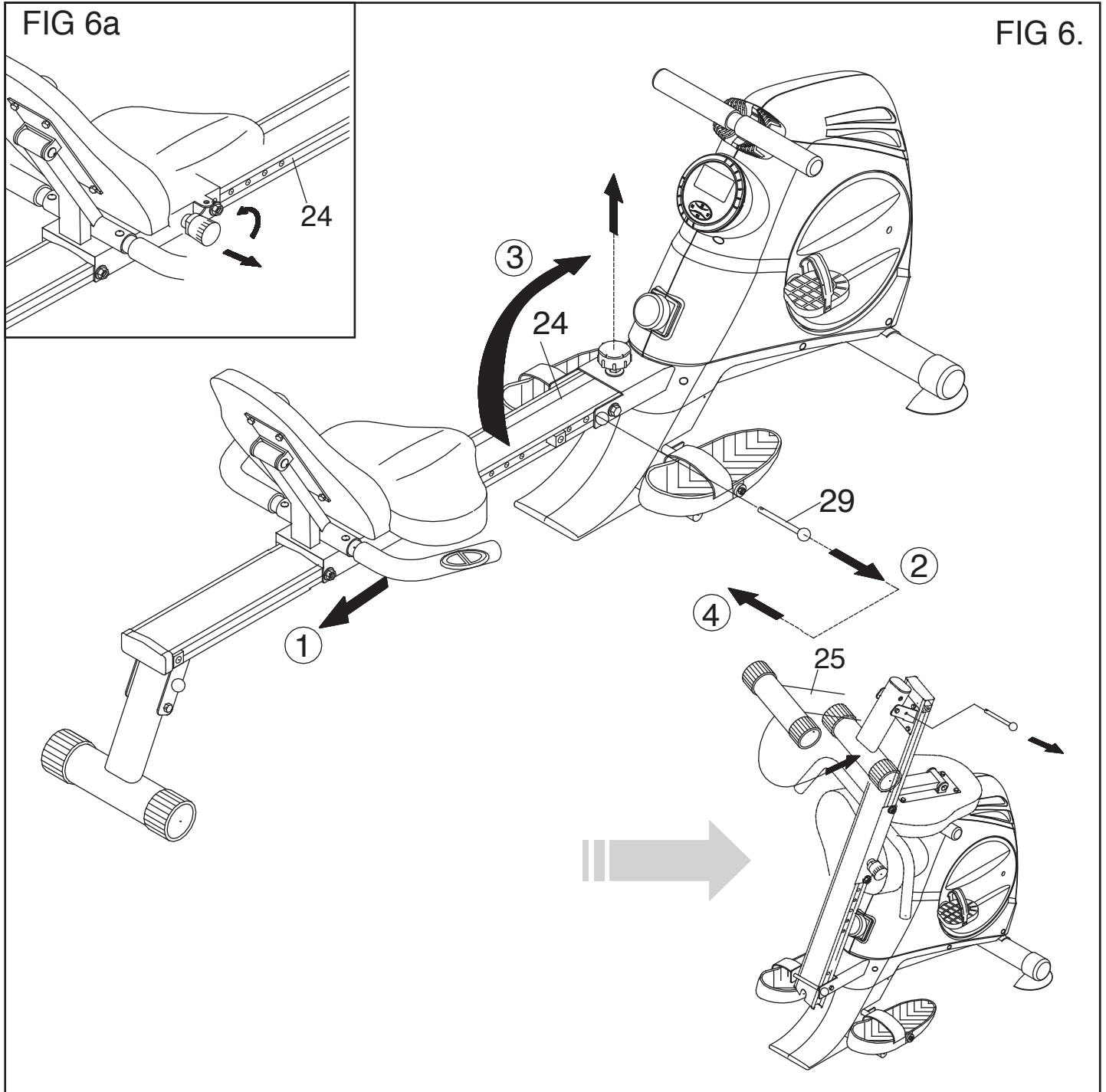
Using the second pre-drilled hole away from the main housing slot through your Pull pin (#29). Finally, Screw the fixing knob into the Aluminum Rail (#24) using the pre-drilled hole provided. Referring to FIG 5a, plug the Pulse coil wire into the socket located on the Main Frame bracket.

Connect the sensor wire and place the monitor (#16) onto the main frame.



# FOLDING INSTRUCTIONS

1. Adjust the Seat to the rear position using Spring Pin. (FIG 6a)
2. Remove the locking pin (#29) and unscrew 2. the fixing pin.
3. Pull the Aluminum Rail (#24) in towards the main frame and replace the locking pin to keep the Rail in a folded position.
4. Remove the pull pin located on the rear bracket of the rail.
5. Swing the Rear Stabilizer in towards the main frame and replace the pin to keep the Rear Stabilier in a folded position.



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## FUNCTION BUTTON

MODE	1. To select each function for presetting. 2. to enter and switch to the next function after presetting.
SET	To make upward adjustment of each function datas of time, count (or distance), Calories and pulse.
TOTAL RESET	To Clear all preset datas and restart the computer.
RECOVERY	To act heart rate recovery function
FUNCTIONS	The monitor has both SPEED and COUNT base functions in the same unit. You may switch the functionbase by a visible switch fixed on the side case. When you use switch to change current function base from SPEED to COUNT, or from COUNT to SPEED, please press RESET button after switching. The monitor will clear all the current function datas to zero. Then, you may start training again. Please refer to functions description as below according to your different choice on SPEED or COUNT to meet different equipment request.
SCAN	Automatically scans throught each function in every 6 seconds.
TIME COUNT UP	The monitor will count workout time from 00:00 up to 99:59.
COUNT DOWN	If you have preset target time, the monitor will count down to 00:00 when you start training.
SPEED	Display current training speed in KM or ML per hour.
(COUNT)	COUNT UP: Accumulates workout numbers from zero. COUNT DOWN: If you have preset target count numbers, the monitor will count from preset down to zero when you start training.
DISTANCE	COUNT UP: Accumulates total distance during training from zero. COUNT DOWN: If you have preset target distance, the monitor will count down from preset to zero when you start training.
(TOTAL COUNT)	The monitor will accumulate total workout numbers of different training durantion after the monitor is intalled with batteries. This data could be reset to zero only when you replace batteries.
CALORIES	COUNT UP: Accumulates calories consumption during training. COUNT DOWN: If you have preset target calories, the computer will count from preset calories down to zero. This data is a rough guide only and should not be used as comparison over several exercise sessions.
PULSE	The monitor will display upir current heart rate in 5 seconds after you hold on handgrip sensors with both hands during training. To have more accurate and stable heart rate figures, please hold both hands on grips sensors onsetead of one hand only during training.
RECOVERY	After a training for a period of time, keep holding both hands on grips sensors and press "RECOVERY" button. The monitor will stop all function displays except " TIME" which will count down from 00:60-00:59 -00:58- down to 00:00. As soon as 00:00 is achieved,the bottom field of the monitor will show your heart rate recovery. Status grade as F1to F6. F1 is the best and F6 is the worst. You may improve your heart rate recovery status (Recovery result) day by day from F6 up to F1 refer to this function. Press the "RECOVERY" button again to return to the main display.



# EXERCISE GUIDELINES






**WARNING:** Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems.

The pulse sensor is not a medical device. Various factors may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.

These guidelines will help you to plan your exercise program. For detailed exercise information, obtain a reputable book or consult your physician. Remember, proper nutrition and adequate rest are essential for successful results.

## EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, exercising at the proper intensity is the key to achieving results. You can use your heart rate as a guide to find the proper intensity level. The chart below shows recommended heart rates for fat burning and aerobic exercise.

165	155	145	140	130	125	115	
145	138	130	125	118	110	103	
125	120	115	110	105	95	90	
<hr/>							
20	30	40	50	60	70	80	

To find the proper intensity level, find your age at the bottom of the chart (ages are rounded off to the nearest ten years). The three numbers listed above your age define your “training zone.” The lowest number is the heart rate for fat burning, the middle number is the heart rate for maximum fat burning, and the highest number is the heart rate for aerobic exercise.

**Burning Fat**—To burn fat effectively, you must exercise at a low intensity level for a sustained period of

time. During the first few minutes of exercise, your body uses carbohydrate calories for energy. Only after the first few minutes of exercise does your body begin to use stored fat calories for energy. If your goal is to burn fat, adjust the intensity of your exercise until your heart rate is near the lowest number in your training zone. For maximum fat burning, exercise with your heart rate near the middle number in your training zone.

**Aerobic Exercise**—If your goal is to strengthen your cardiovascular system, you must perform aerobic exercise, which is activity that requires large mounts of oxygen for prolonged periods of time. For aerobic exercise, adjust the intensity of your exercise until your heart rate is near the highest number in your training zone.

## WORKOUT GUIDELINES

**Warming up**—Start with 5 to 10 minutes of stretching and light exercise. A warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

**Training Zone Exercise**—Exercise for 20 to 30 minutes with your heart rate in your training zone. (During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes.) Breathe regularly and deeply as you exercise—never hold your breath.

**Cooling down**—Finish with 5 to 10 minutes of stretching. Stretching increases the flexibility of your muscles and helps to prevent post-exercise problems.

## EXERCISE FREQUENCY

To maintain or improve your condition, complete three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week, if desired. Remember, the key to success is to make exercise a regular and enjoyable part of your everyday life.



## SUGGESTED STRETCHES

The correct form for several basic stretches is shown at the right. Move slowly as you stretch—never bounce.

### 1. Toe Touch Stretch

Stand with your knees bent slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Hamstrings, back of knees and back.

### 2. Hamstring Stretch

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Hamstrings, lower back and groin.

### 3. Calf/Achilles Stretch

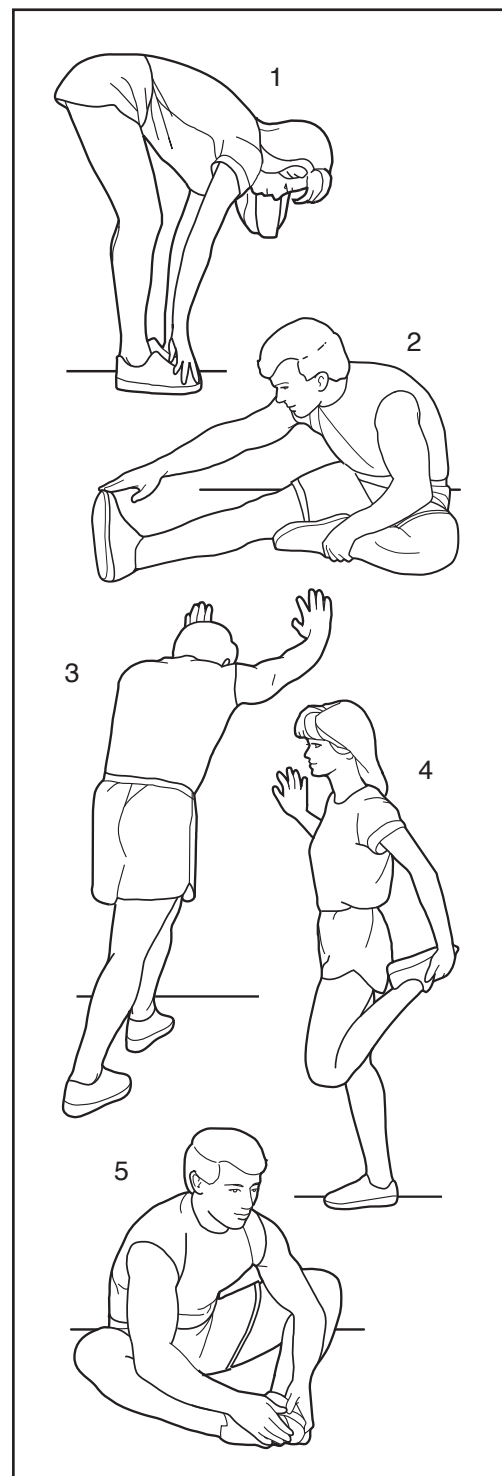
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further stretching of the achilles tendons, bend your back leg as well. Stretches: Calves, achilles tendons and ankles.

### 4. Quadriceps Stretch

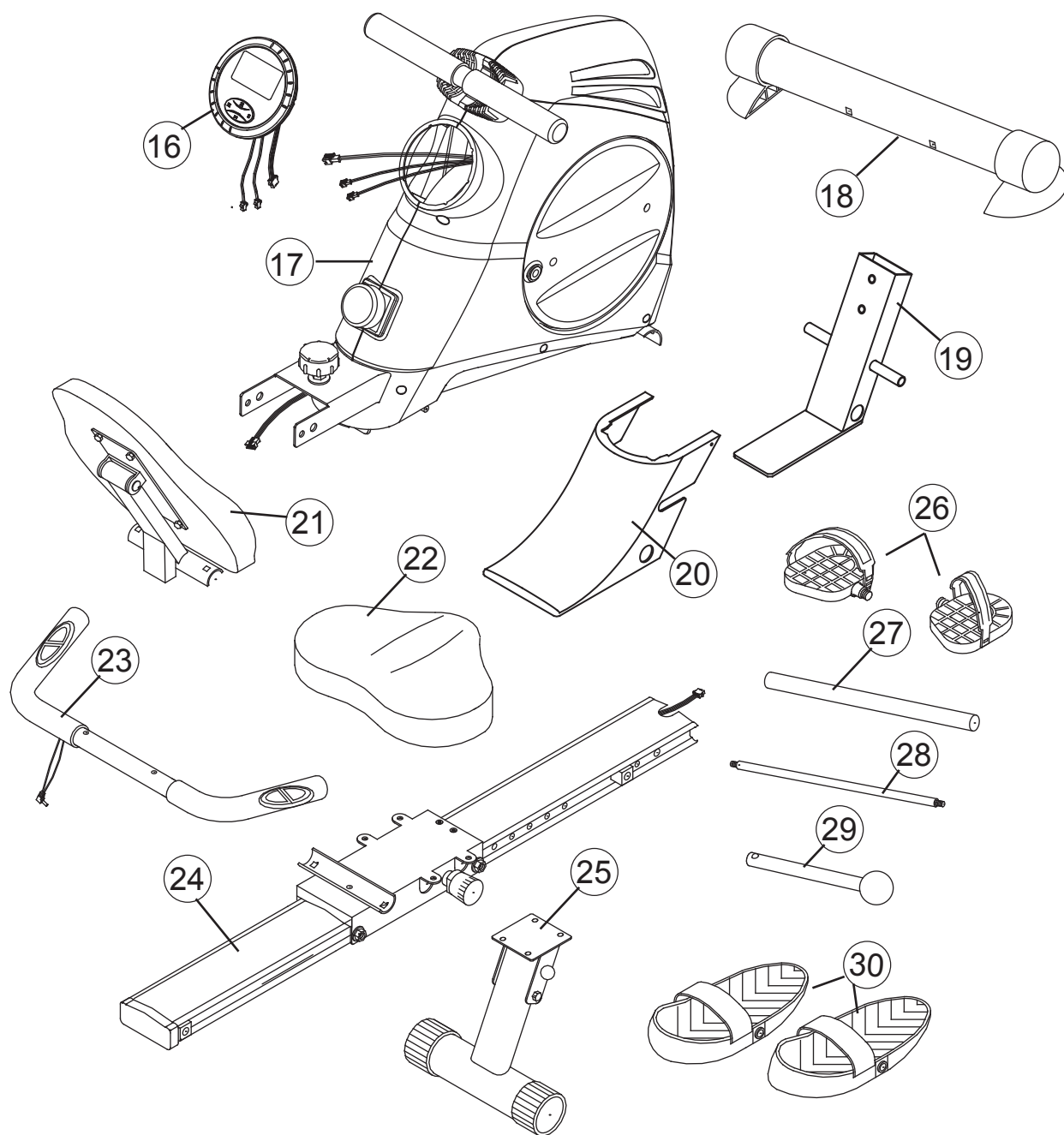
With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Quadriceps and hip muscles.

### 5. Inner Thigh Stretch

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Quadriceps and hip muscles.



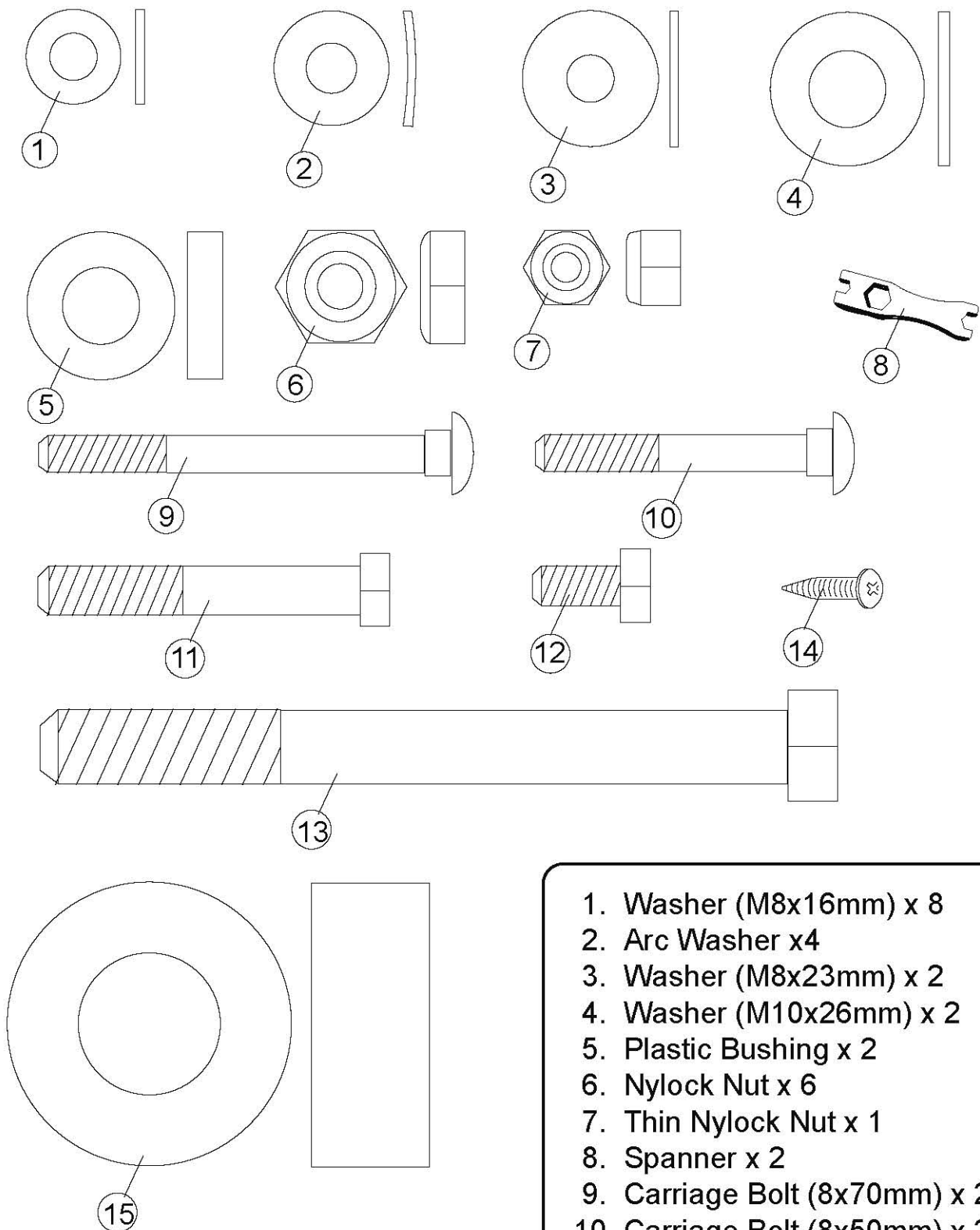
# EXPLODED DIAGRAM and PART LIST Model N° PFICVRW39408.0



- 16. Computer
- 17. Main Housing
- 18. Front Stabilizer
- 19. Bracket
- 20. Bracket Cover
- 21. Backrest
- 22. Seat
- 23. Side Handle Bar

- 24. Aluminum Rail
- 25. Rear Stabilizer
- 26. Pedal x 2
- 27. Footrest Shaft
- 28. Spindle Tube
- 29. Pull Pin
- 30. Footrest x 2

## PART LIST :



1. Washer (M8x16mm) x 8
2. Arc Washer x4
3. Washer (M8x23mm) x 2
4. Washer (M10x26mm) x 2
5. Plastic Bushing x 2
6. Nylock Nut x 6
7. Thin Nylock Nut x 1
8. Spanner x 2
9. Carriage Bolt (8x70mm) x 2
10. Carriage Bolt (8x50mm) x 2
11. Hex Head Bolt (8x55mm) x 2
12. Hex Head Bolt (8x15mm) x 8
13. Hex Head Bolt (1/2x127mm) x1
14. Screw x 2
15. Sponge x 2

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## ORDERING REPLACEMENT PARTS

To order replacements parts, please see the front cover of this manual for contact information. To help us assist you, be prepared to provide the following information when calling :

- Model number of the product (PFICVRW39408.0.)
- The Key number and description of the product of the desired parts ( see the part list)
- The proof of purchase